

Chicken Chili Soup



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



18

CALORIES



154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 ounce tomatoes diced canned
- ☐ 60 ounce kidney beans with liquid canned
- ☐ 15 ounce tomato sauce canned
- ☐ 1.8 pounds rotisserie chicken breast meat diced
- ☐ 2 teaspoons chili powder
- ☐ 0.5 cup corn kernels frozen
- ☐ 1 tablespoon parsley dried
- ☐ 1 teaspoon garlic powder

- ☐ 2 bell peppers diced green
- ☐ 0.5 teaspoon ground pepper
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 onion diced
- ☐ 2 bell peppers diced red
- ☐ 2 cups water

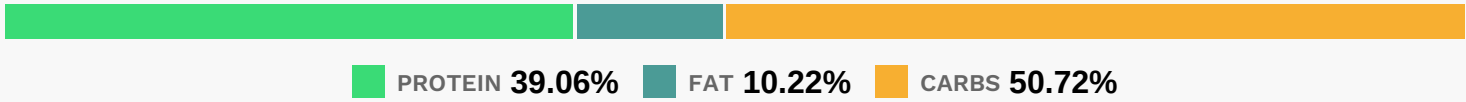
Equipment

- ☐ pot

Directions

- ☐ Coat a large pot with cooking spray and place over medium-high heat. Cook and stir chicken, bell peppers and onion until chicken is brown and peppers are just tender. Stir in corn, beans, tomatoes, tomato sauce and water. Season with chili powder, parsley, garlic powder, cayenne and cumin. Reduce heat, cover and simmer 30 minutes.

Nutrition Facts



Properties

Glycemic Index:11.56, Glycemic Load:5.43, Inflammation Score:-7, Nutrition Score:14.589999977661%

Flavonoids

Apigenin: 5.01mg, Apigenin: 5.01mg, Apigenin: 5.01mg, Apigenin: 5.01mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 153.72kcal (7.69%), Fat: 1.8g (2.77%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 20.07g (6.69%), Net Carbohydrates: 13.41g (4.88%), Sugar: 5.05g (5.61%), Cholesterol: 28.22mg (9.41%), Sodium: 486.55mg (21.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.45g (30.91%), Vitamin C: 35.46mg (42.98%), Vitamin B3: 5.92mg (29.58%), Vitamin B6: 0.57mg (28.34%), Fiber: 6.66g (26.64%), Selenium: 15.52µg (22.17%), Phosphorus:

220.06mg (22.01%), Manganese: 0.41mg (20.27%), Potassium: 642.28mg (18.35%), Vitamin A: 725.91IU (14.52%),
Magnesium: 53.95mg (13.49%), Iron: 2.25mg (12.53%), Vitamin B1: 0.18mg (11.72%), Copper: 0.23mg (11.66%), Folate:
42.77µg (10.69%), Vitamin B2: 0.17mg (10.25%), Vitamin B5: 0.96mg (9.61%), Vitamin K: 9.39µg (8.95%), Vitamin E:
1.13mg (7.54%), Zinc: 1.06mg (7.07%), Calcium: 54.39mg (5.44%), Vitamin B12: 0.09µg (1.47%)